🥢 Vegetable Stir-Fry

Culinary 1 · Unit 5 Lab · Picture recipe card (Level 2). Serves 4. Serve over rice.



Name: _____ Date: _____ Period: _____

🧺 Mise en place: check off each one when it is on your counter

- ☐ 🌱 **3 stalks** celery
- ☐ 🥦 **½ head** cauliflower
- ☐ 🥦 **½ bunch** broccoli
- ☐ 🍄 **¼ lb** mushrooms
- ☐ 🥕 **2** carrots
- ☐ 🫗 **1 Tbsp** oil
- ☐ 🌽 **1 Tbsp** cornstarch (sauce)
- ☐ 💧 **3 Tbsp** cold water (sauce)
- ☐ 🧂 **¼ tsp** salt (sauce)
- ☐ 🫙 **1 Tbsp** soy sauce (sauce) + a dash
- ☐ 🍚 cooked rice

🧰 Tools

- ☐ Cutting board + knife
- ☐ Food processor (slicing)
- ☐ Peeler
- ☐ Wok or big skillet + lid
- ☐ Spatula
- ☐ Small bowl + spoon
- ☐ Measuring spoons

💡 *Adding meat? Cook it first, take it out, then add it back for the last minute.*

👩‍🍳 Steps: check each box when you finish

1		Wash hands. Apron on. Hair back.	☐
2		**Wash** all the vegetables. **Peel** the carrots.	☐
3		Slice the **carrots, celery, mushrooms** in the food processor. (Adult helps with the blade.)	☐
4		Break the **cauliflower** and **broccoli** into small **florets**.	☐
5		Sauce: mix **1 Tbsp cornstarch** + **3 Tbsp cold water**. Add ¼ **tsp salt** + **1 Tbsp soy sauce**.	☐
6		Heat **1 Tbsp oil** in the wok (425°F for an electric wok).	☐
7		Add the **hardest** vegetables first (carrots, cauliflower). **Stir fast**.	☐
8		Add the rest. Add a **dash of soy sauce**.	☐
9		Put the **lid on**. Turn the heat **down**.	☐
10		When tender, stir in the **sauce**. Cover until it **boils**.	☐
11		Serve over **rice**.	☐
12		Clean up your station.	☐

📸 Lab photos and my check

☐ Mise en place ☐ Step 1 ☐ Step 2 ☐ Step 3 ☐ Final plate

⭐ One thing that went well: _____

🔧 One thing to do better: _____

🧽 My clean-up: 😀 great 🙂 okay 😕 needs work